MOUNTAIN HIGH
YOGA MOVES TO KEEP SKIERS SOARING {page 15}

STILL GOT IT
KATE BECKINSALE ON GETTING BETTER WITH AGE {page 13}

VANCOUVER metro®
Tuesday, January 17, 2012
www.metronews.ca
News worth sharing.

72 HOUR SALE
17 FEET OF SNOW & COUNTING

p: Paul Morrison
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Weather. Forecast

▶ A woman bundled up for the cold weather walks past statues by Chinese artist Yue Minjun after a brief snowstorm in downtown Vancouver on Monday.

DARRYL DYCK/THE CANADIAN PRESS

Brace for more of the white stuff

Environment Canada has issued a snowfall warning for Metro Vancouver with parts of the Fraser Valley forecast to receive up to 20 centimetres of snow.

Ecstasy link sought in Langley boy's death

16-year-old died after reportedly taking various drugs ◐ Toxicologists looking for presence of PMMA found in five other cases

MATT KIELTYKA
@METRONEWS.CA

Officials are trying to determine whether the death of a 16-year-old boy in Langley over the weekend can be linked with five other ecstasy-related deaths.

The B.C. Coroners Service confirmed the death and said the teen was reportedly taking ecstasy, along with other pharmaceutical drugs, when he died in the early-morning hours on Saturday.

The recreational drug has been the subject of a health warning after five previous ecstasy-related deaths within the past six months.

In those cases, and several more in Alberta, analysts detected the added presence of PMMA (para-methoxy-metamphetamine) in the drug and warned that pills making it to the streets may be more potent and dangerous than normal.

Toxicology tests will be conducted as quickly as possible to determine whether PMMA was present in the Langley death, the coroners service said.

Chief coroner Lisa Lapointe said in a release that ingesting ecstasy is a risk, as there is no way to determine the actual ingredients used to make the pill and that there is no known "safe dose" of the drug.

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As the price of gold reached a record high, the Better Business Bureau warned sellers across B.C. to beware of scammers hoping to rip off people cashing in. Prices for the precious metal have soared over $1,700 an ounce, and BBB President Lynda Pasacreta says that she's seen a corresponding increase in people falling victim to unscrupulous buyers. *"We've noticed that, especially in the online world, people are sending in their gold, and then they're either being disappointed with the price they're being quoted or they're not hearing anything -- [the gold] just kind of disappears,"* she told CTV News. *"The BBB is currently handling 19 complaints against a single gold-buying company in mainland B.C."* There are no complaints about J&M. We are well known to pay the best prices in town.

See the CTV interview online at:
http://www.bullioncoinsandbars.com/article-2011-08-09-bbb.htm

See the Global TV BC segment on record gold prices, including a visit to J&M's Vancouver store at:
http://www.bullioncoinsandbars.com/article-2011-07-18-record.htm

Below is a direct, real comparison of J&M's buying prices with those of a new Vancouver buyer claiming to be the highest buyer

Item/Description	They Pay	J&M Pays
10kt scrap gold, per gram	$17.20	$18.44
14kt scrap gold, per gram	$24.00	$25.90
1 oz. Recognized Gold Bar	$1,583.00	$1,741.33
1 oz. Gold Maple Leaf Coin	$1,670.00	$1,752.20
Sterling Silver, per Gram	$0.58	$0.76
Silver Canadian Coins from 1966 and earlier, per $1 face value	$14.70	$17.31

Gold Coins and Bars

1 oz. modern, sealed bars	$1,741.33
1 oz gold Maple Leaf	$1,752.20
1 oz. Krugerrand	$1,694.83
Sovereign	$396.91

Silver Coins and Bars

1 oz. silver bar	$33.43
10 oz. silver bar	$337.44
100 oz. silver bar	$3,283.10
1 oz. silver Maple Leaf	$33.79

Canada Collector Coins

1948 $1	$900.00 and up
1890H 50¢	$500.00 and up
1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$10.56
Canada 1967	$13.49
Canada 1966 and earlier	$17.31
USA 1964 and older	$21.01

Scrap Gold *Per gram*

10kt	$18.44
14kt	$25.90
18kt	$33.37

Prices in this ad based on gold @ U$1,713.62 and silver @ U$32.065 and a USD/CAD exchange rate of 1.0241 on December 9, 2011, the day this ad was created.

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Chiefs wholly blamed for Pickton-case inadequacies

The blame for any failings during the Vancouver Police Department and RCMP investigations of Robert Pickton should be placed at the departments' top brass, the Missing Women Inquiry heard.

Deputy Chief Jennifer Evans, of Ontario's Peel Regional Police, said Monday that senior management failed to recognize the scope of the problem, co-ordinate and make the files a priority in 1999 as investigators were doing their best to get to the bottom of the disappearances in Vancouver and investigating tips pointing to Pickton.

"The chief, if he was kept informed, would have known whether his officers needed more assistance and whether it was multi-jurisdictional," Evans, who was tasked with drafting a report on both the RCMP and VPD investigations, testified. "I would have expected to see more documents from senior officers. The chief is accountable to the community, this was a big issue (in the community)."

The breakdown at an executive level spawned systematic issues, including a lack of communication and resources, that stifled the investigation.

Evans said Coquitlam RCMP investigators called Pickton "the elephant in the room" but no action was taken because the community pressure facing police in Vancouver at the time didn't extend to the suburb. MATT KIELTYKA

Highway. Collision

▶ An RCMP officer examines a Mazda 3 following a crash Sunday night on Highway 1 near the 160th Street overpass. An off-duty RCMP officer is being investigated for possible impaired driving after her car collided with a highway barrier.

SHANE MACKICHAN/FOR METRO

RCMP officer subject of impaired-driving probe

The officer, a seven-year veteran of the RCMP and part of the combined-forces special-enforcement unit, was issued a 90-day driving ban. She has been reassigned to administrative duties while the investigation continues.

Prescription drugs out of reach for many in B.C., study finds

- **High prices stopping one in 10 Canadians from taking medication**
- **Two-thirds of Canadians made $4.6 billion in out-of-pocket payments**

PHYLICIA TORREVILLAS
@METRONEWS.CA

One in six British Columbians cannot afford prescription drugs, a new study has found.

The study, published Monday in the Canadian Medical Association Journal, shows that B.C. has the highest rate of residents in Canada who can't afford to take their drug prescriptions as directed.

The findings come from 5,732 people who answered Statistics Canada's 2007 Canada Community Health Survey.

Researchers from the University of B.C. and University of Toronto also found that one in 10 Canadians who received a prescription have trouble filling or refilling doses, while others skip doses for cost reasons.

The report shows that B.C. residents were more than twice as likely to report not being able to afford their prescription drugs compared to those living in other large provinces.

"The Canadian most likely to have problems affording their prescription drugs is in poor health, carries no drug insurance, and lives in (B.C.)," lead author Michael Law, of UBC's School of Population and Public Health, said in a statement.

The report's release came the same day as Canadian premiers met in Victoria to discuss the Harper government's new health-funding plan.

B.C. NDP Leader Adrian Dix said the results reflect the growing inequality in the province and the need for Premier Christy Clark's government to adopt new policies.

A recent deal by the current government makes British Columbians pay 40 per cent more for generic drugs than people in Ontario and Quebec, he added.

1 news

Goofy motion-control and battery packs for the electricity-challenged are among the weirder gadgets from CES. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Stephen Colbert's Super PAC airs a new ad targeting Mitt Romney. Of course, Colbert had 'nothing' to do with it. Watch at metronews.ca/video

Follow us on Twitter @vancouvermetro

Man gets 2 years for attack on child killer

A two-year sentence has been handed to a man who viciously attacked child-killer Allan Schoenborn and a staff member at the forensic psychiatric hospital in Port Coquitlam.

Schoenborn was assaulted with a billiard ball, while the staff member was injured with a homemade knife fashioned from metal eyeglass frames.

The assailant — known only by the initials M.P. — was already serving time at the hospital.

THE CANADIAN PRESS

Provinces reject PM's plan for health

The premiers aren't taking no for an answer when it comes to getting more money from the federal government for health care.

Premier Christy Clark — who's hosting a meeting of provincial and territorial premiers in Victoria — says the provinces are rejecting Ottawa's new per capita health-care funding formula.

Prime Minister Stephen Harper says there's no extra money for health care.

THE CANADIAN PRESS

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Bus union offers cash for info on sex attack

Canadian Auto Workers Local 111 posting a $2,000 reward for information leading to an arrest

KENDRA WONG
VANCOUVER@METRONEWS.CA

The union representing Metro Vancouver bus drivers is offering a $2,000 reward for anyone with information regarding an alleged sexual assault on a bus driver on New Years morning.

The incident occurred on Jan 1. at 7 a.m. on the No. 22 Knight Street bus in East Vancouver. A man allegedly groped the female bus driver, then fled.

Canadian Auto Workers Local 111 is offering the reward.

"This is a very disturbing incident," said union president Don MacLeod. "A female driver doing her job, getting people where they want to go, was sexually groped on her bus by a male attacker."

The assault was captured by a video camera on the bus and the Vancouver Police Department is using it to investigate the attack.

MacLeod hopes the information and security footage will lead to the arrest and conviction of the assailant.

This is the fourth sexual assault on female bus drivers reported since 2009 in Metro Vancouver. There have been more than 1,000 assaults on drivers in the past decade.

Show. And Tell

▶ Students at the John Henderson Annex Elementary School were all smiles Monday as an AquaVan teacher displays a sea star.

PHYLICIA TORREVILLAS/METRO

Sea-to-school learning

Vancouver Aquarium's BC Hydro AquaVan rolled into the school to bring the ocean to more than 100 students. The classroom on wheels, which travels throughout British Columbia and as far as northeastern Alberta, encourages students to protect and conserve oceans, and connects them with marine life through interaction with sea critters, including sea stars, crabs and sea snails.

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JENNIFER KWOK/FOR METRO

▶ Christine Sinclair speaks at a press conference in Vancouver Monday.

Spirits up for soccer

Canada plays alongside seven other nations Jan. 19 to 29 at BC Place

JENNIFER KWOK
VANCOUVER@METRONEWS.CA

Players on Canada's national women's soccer team are excited to be playing their upcoming Olympic qualifying tournament in Vancouver.

"We are extremely proud to be playing in Canada," Burnaby-native Christine Sinclair said Monday. "Not only excited to be in Canada, but to have hometown advantage."

Head coach John Herdman said his team's goal is not only to finish at the top of the group but also to qualify for the Olympics and win the event.

Scan here to watch a video and learn more.
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Video store gives DVDs to UBC, SFU

KENDRA WONG
VANCOUVER@METRONEWS.CA

Film buffs can breathe a sigh of relief now that one of Vancouver's most extensive collection of rare and esoteric films has found new homes at SFU and UBC.

Videomatica, a Vancouver video-rental store that closed down last year after almost three decades, donated 32,900 DVDs, VHS titles and Blu-rays to the two universities.

The $1.7-million film library includes feature films, literary adaptations, cult and art films, and foreign films.

"After spending three decades building a unique film library … how wonderfully rewarding is it to know the interests of both the public and film students will be served with the collection finding a home at UBC and SFU," said Videomatica co-founder Graham Peat.

The films will be available at UBC Library. SFU will receive 2,800 documentaries.

The collections will be available early next year.

Videomatica closed as a rental store last year and has since moved its DVD sales operation to Zulu Records in Kitsilano.

Man drives SUV home with two flat tires

Sometimes it's better to think things out.

A Vernon man may be wishing he'd stayed put, after clipping a sign in the North Okanagan city on Saturday night, blowing both rear tires.

Rather than pulling over his Ford Explorer four-wheel drive, the man simply drove on, showering sparks and weaving through snow as he coaxed his stricken vehicle several kilometres to his home.

Officers tracked the suspect thanks to calls from other drivers — and gouges in the pavement.

Police are recommending that the man face charges of dangerous driving and driving while prohibited.

CKIZ/THE CANADIAN PRESS

News in brief

Crime down in Vancouver

GOAL MET. The Vancouver Police Department has met its 2008-2012 target of decreasing property and violent crime in the city. A report to the police board shows a significant drop in crime, including a 29 per cent drop in property crime and a 12 per cent drop in crime since 2007.

METRO

Travel advisory

TRANS-CANADA. Police warned people against travelling along Highway 1 east of 232nd Street Monday due to extreme winter driving conditions.

METRO

Alleged war criminal still in custody

Quebec City man cited in Rwandan genocide
UN looking into claims he may be tortured if deported

A Rwandan man who is facing charges of inciting genocide and crimes against humanity will remain detained pending a court decision on his deportation.

Leon Mugesera will return before an immigration board in a week's time if he is still in Canada, commissioner Dianne Tordorf ruled after an hour-long hearing in Montreal on Monday.

Tordorf described Mugesera as a flight risk who couldn't be trusted, given his hospitalization last week just a day before he was scheduled to be deported.

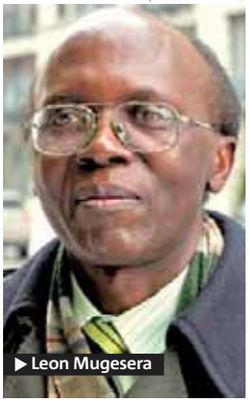
For now, Mugesera will remain at a detention centre near Montreal as lawyers seek to keep him in Canada while a UN committee looks into allegations he could be tortured if he is deported to Rwanda.

Those arguments will be heard this Friday in Quebec Superior Court.

On his lawyer's advice, Mugesera didn't testify or answer Canada Border Services Agency questions about his health. That drew a warning from Tordorf that it wouldn't help him in her ruling.

His lawyers argued the government's case against Mugesera was largely hearsay and that he should be freed. THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS



▶ Leon Mugesera

Crown theories akin to bedtime stories: Yahya

A mom charged with killing her three daughters turned the tables on the prosecutor in her case Monday, accusing him of having an overactive imagination and likening his theory of what happened to a child's bedtime story.

Tooba Yahya, 42, was on the stand for a sixth day at the Shafia family murder trial, where she, her husband and their son are accused of killing the three girls and the first wife in their polygamous marriage, allegedly over family honour.

Crown attorney Gerard Laarhuis has spent much of his cross-examination suggesting Yahya is not being truthful about points in her testimony as to what led up to the women being found dead in a car at the bottom of a canal in Kingston.

Yahya, in turn, suggested Monday that it was Laarhuis who was making up a false story and "showing it off in front of everybody here." THE CANADIAN PRESS

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– Alex Strachan, Postmedia News
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It's a battle-of-the-bulge throwdown

Toronto Mayor Rob Ford tipped the scales at 330 pounds Monday morning as he called on fellow North American mayors — some of whom are rather svelte — to join him in a six-month weight-loss campaign

▶ Toronto Mayor Rob Ford.

Toronto Mayor Rob Ford has turned his battle of the bulge into an international throwdown.

In a tweet announcing the challenge, he singled out Calgary Mayor Naheed Nenshi, Vancouver Mayor Gregor Robertson and Halifax Mayor Peter Kelly, as well as New York City's Michael Bloomberg and Chicago's Rahm Emanuel to join him.

Dubbed the Cut The Waist Challenge, the campaign aims to encourage the public to embrace a healthier lifestyle, said the mayor, who hopes to lose 50 pounds by June 18.

It's unclear how many of Ford's peers will take him up on the challenge, given that some are already known for their healthy habits and lean physique.

Metro challenge

Metro staff are responding to the mayor's Cut The Waist Challenge by committing to a collective weight-loss goal. They're stepping on the scale each Monday for the next six months.

"Mayor Bloomberg exercises daily and very avidly watches what he eats — two reasons why he's about as thin as he was in college 50 years ago and not at all overweight," Bloomberg's spokesman, Stu Loeser, said in an email.

"Though this plan sounds like a great idea, it doesn't really apply to our mayor," he added.

Emanuel, a triathlete who logs daily workouts and carries a water bottle wherever he goes, may not have much to lose either.

Meanwhile, Robertson's website describes him as "a dedicated cyclist."

Ford said he hatched his weight-loss plan over the holidays. "It's the heaviest I've ever been," the mayor said. "I've got young children. This is not healthy. You can't be running the city, you can't be doing all this at 330 pounds."

THE CANADIAN PRESS

▶ For exercise, Vancouver Mayor Gregor Robertson bikes to and from meetings.

RYAN TAPLIN/METRO HALIFAX

Peter Kelly

Halifax Mayor Peter Kelly is roughly half the weight of Ford. "Since, over the past few years, I've already lost over 30 pounds, I don't need to lose any more, and if I did you wouldn't be able to see me," Kelly said. He politely declined the personal challenge, but said he would accept a community challenge.

METRO HALIFAX

HENNY RAY ABRAMS/THE ASSOCIATED PRESS

Michael Bloomberg

New York City's trim mayor Michael Bloomberg politely declined the challenge. But that doesn't mean he won't stop pestering his fellow New Yorkers to drop some pounds. Bloomberg is continuing his public-health campaigns, warning about the dangers of sugar, salt and too much alcohol.

THE CANADIAN PRESS

January

17

Wine and mixed drinks are so 2011.

67 calories per 341mL bottle. That's about half the calories of wines or mixed drinks*. Here's to a win-win resolution.

Must be legal drinking age. *Calculations based on an average serving (6 oz glass of wine and single serving of mixed drink). Details at molsoncanadian67.ca

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*Offers for the 72 Hour Sale run from 12:01am on January 17th to 11:59pm on January 19th (PST). Advertised rates are available online or by calling in to book. Offers vary by arrival date and property. Offers are subject to availability at time of booking and may change without notice. Taxes and fees are extra. Minimum night stays, weekends and/or other restrictions may apply.

Republican field narrows again

Departure of Huntsman leaves Mitt Romney as the only moderate still in the race

U.S. Presidential candidate Mitt Romney stood alone Monday at the top of the field of Republican candidates in this week's primary balloting in South Carolina, where three of his more-conservative challengers are splitting the powerful block of evangelical and social conservative voters.

Former Utah Gov. Jon Huntsman, by far the most moderate Republican candidate vying for the nomination to face President Barack Obama in November, dropped out of the race Monday and endorsed Romney.

That leaves just five men in the competition heading into South Carolina's critical Saturday vote, and a Romney victory likely would make his nomination inevitable.

Romney previously was first in Iowa caucus voting, then in the New Hampshire primary polling last week.

DAVID GOLDMAN/THE ASSOCIATED PRESS

▶ Jon Huntsman

Republicans now seem to be slowly converging on Romney as the best of the Republican field to deny Obama a second term in the White House. Obama's incumbency is heavily weighed down by the struggling U.S. economy that has been slow to pull out of the Great Recession of 2007-2009. Unemployment remains high, and millions of Americans have lost their homes to mortgage foreclosures.

The candidates faced a packed week of campaign events and nationally televised debates Monday and Thursday. In the past three decades, no Republican has won the party's presidential nomination without carrying South Carolina.

THE ASSOCIATED PRESS

Conservatives

Conservative Republicans have been unable to settle their support on one of the alternatives:

- **Rick Santorum,** former Pennsylvania senator.
- **Newt Gingrich,** former speaker of the House of Representatives.
- **Rick Perry,** Texas governor.
- **Ron Paul,** Texas congressman and small-government libertarian candidate.

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COUNTRY IN TURMOIL

Pakistan's high court rules PM Gilani in contempt

ANJUM NAVEED/THE ASSOCIATED PRESS

▶ Akram Sheikh, lawyer of American-Pakistani businessman Mansoor Ijaz, during a break-in yesterday's hearing.

The political crisis engulfing Pakistan deepened Monday when the nation's top court clashed with a beleaguered government already under attack from the powerful army — a combined assault that could bring down the U.S.-backed administration.

The Supreme Court launched contempt proceedings against Prime Minister Yousuf Raza Gilani for failing to carry out its order to reopen a corruption case against President Asif Ali Zardari and demanded Gilani make a rare appearance before the judges Thursday.

If the court convicts Gilani of contempt, he could serve up to six months in prison and be disqualified from holding office.

Even before the latest clash with the court, the government was locked in a bitter conflict with the army over a secret memo sent to Washington last year aimed at stopping a supposed military coup.

THE ASSOCIATED PRESS

Clegg: Israeli settlements 'deliberate vandalism'

- U.K.'s deputy PM blasts ongoing West Bank construction
- Israeli spokesperson rebuffs comments as 'gratuitous bashing'

LEFTERIS PITARAKIS/POOL/THE ASSOCIATED PRESS

▶ Britain's Prime Minister David Cameron, right, speaks with Palestinian Authority President Mahmoud Abbas, left, prior to their meeting in central London on Monday.

Britain's deputy prime minister accused Israel on Monday of carrying out "deliberate vandalism" by continuing to build settlements on land the Palestinians hope will form part of a future state.

In an escalation of Britain's previous condemnations of Israeli construction, Nick Clegg warned that continued settlement building is jeopardizing prospects for a peace deal.

"Once you've placed physical facts on the ground that makes it impossible to deliver something that everyone has for years agreed is the ultimate destination.... It is an act of deliberate vandalism to the basic premise on which negotiations have taken place for years and years and years," Clegg said, referring to settlement construction.

Clegg was speaking alongside Palestinian President Mahmoud Abbas, who also was holding talks in London with Prime Minister David Cameron and Foreign Secretary William Hague — both of whom have previously expressed concern about settlements.

"The continued existence of illegal settlements risks making facts on the ground such that a two-state solution becomes unviable," Clegg said.

He said that continued construction would "do nothing to safeguard the security of Israel itself, or of Israeli citizens."

"This is exactly what we wanted to hear officially from the government of the United Kingdom," Abbas told reporters, speaking through a translator.

THE ASSOCIATED PRESS

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Crown: Ex-Nortel execs cooked books

Prosecutors say financial statements off by half a billion dollars ◗ Crown to bring forward 27 witnesses

FRANK GUNN/THE CANADIAN PRESS

▶ Former Nortel Networks chief executive Frank Dunn leaves court in Toronto on Monday. The trial against him and two other ex-Nortel executives accused of falsifying financial reports is now underway.

One of the biggest trials in Canadian corporate history got underway Monday, with the Crown prosecutor beginning to lay out his case against three former Nortel Networks executives accused of falsifying financial reports.

Former chief executive Frank Dunn, former chief financial officer Douglas Beatty and former corporate controller Michael Gollogly each entered not-guilty pleas to two charges before the prosecutor began his opening statements.

Crown attorney Robert Hubbard alleged the three men worked together to falsify Nortel's records and statements to make it look more profitable.

Hubbard said Nortel's financial statements were incorrect in the first and second quarters of 2003 and were not in accordance with accounting principles.

"The only real question is, did you know it at the time?" Hubbard said, gesturing to the accused.

Hubbard said he aims to prove the men falsified statements because bonuses for senior executives were linked to consecutive quarters of profitability.

Even though Nortel had been losing millions of dollars for years, it was still generating huge revenues from sales of advanced technology and continued to reward employees with stock options linked to performance.

Dunn, Beatty and Gollogly were dismissed from the company in 2004 — five years before Nortel was forced to seek court protection from creditors. The men have also been investigated by the U.S. Security Exchange Commission and the Ontario Securities Commission. THE CANADIAN PRESS

Nortel meltdown

- **Nortel was once** Canada's most valuable company, with more than 90,000 employees worldwide.
- **The 2002-03 accounting scandal** produced a stock-market flameout, dragging down the share from $124.50 in 2000 to penny-stock status. Now, the stock is delisted and worthless.

REAL ESTATE

Home sales surpass projections

So much for a housing-market slowdown in 2011.

Home sales across the country rose 2.2 per cent over 2010 to 457,000 units last year, according to data released Monday by the Canadian Real Estate Association.

That read is nearly a full percentage point higher than CREA had been anticipating in the fall when it projected a 1.4 per cent gain over 2010 to 453,300 homes.

However, the last few months of 2011 indicated a slowdown is on its way in the housing market, economists noted Monday.

The year was capped with a fourth consecutive monthly increase in December. Home resales were up 1.8 per cent from November and a relatively modest 4.6 per cent from December 2010. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar
+ 27.54 (12,258.60)	+ 0.45¢ (98.23¢ US)

Oil	Natural gas	Gold
- 99¢ US ($99.69 US)	$2.54 US (- 13¢ US)	$1,643.50 US (+ $12.70 US)

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Bangladesh from 3.9¢/min
Bosnia 13.9¢/min
China 1.9¢/min
Colombia from 3.9¢/min
Cuba 89.9¢/min
El Salvador 9.9¢/min
Germany 1.9¢/min
Iran 5.9¢/min
Israel 1.9¢/min
Italy 1.9¢/min
Lebanon 7.9¢/min
Mexico from 1.9¢/min
Pakistan 5.9¢/min
Philippines 11.9¢/min
Poland 1.9¢/min
Romania 1.9¢/min
Russia from 1.9¢/min
South Korea 2.9¢/min
Sri Lanka 9.9¢/min
Trinidad 4.9¢/min
U.A.E. 14.9¢/min
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FOUR WAYS TO DIVORCE JANUARY FROM ITS REPUTATION

SHE SAYS ...

JESSICA NAPIER
METRO

Did you know that more couples file for divorce in January than at any other time of the year? Disheartening as it is, January's unfortunate notoriety as Divorce Month certainly makes sense. Couples on the brink of breaking up will fake it till they make it through the holidays, holding off until the new year to seek legal separation.

Luckily, I don't have much experience when it comes to divorce (thanks mom and dad). However, from the second-hand knowledge I've collected over the years, I know that there is never an easy time to say "I do" to divorce.

"Take some inspiration from the Japanese and honour your own maturity this month by wearing a proper jacket in the cold."

Sure, it might be a popular time of year to make your failed marriage official, but there are plenty of less depressing milestones worth celebrating. I say, let's take back January from the family law firms and make it a month dedicated to something other than irreconcilable differences.

Here are a few alternatives I'm proposing:

Give a Big Tip Month: In January 1914, Henry Ford established a previously unheard-of $5 a day minimum wage in his automobile factories. Why not celebrate this month by giving generous tips to all of those hard-working servers, cab drivers, baristas and other minimum-wage employees who make your life easier. In other made-up-holiday news, January also happens to be National Thank You Month, giving you another reason to show some gratitude.

Act like a Grown-up Month: On the second Monday in January, the Japanese celebrate Coming of Age Day in recognition of young adults who have reached the age of majority. Take some inspiration from the Japanese and honour your own maturity this month by wearing a proper jacket in the cold, not using emoticons in work emails and finally paying off your credit card bill.

Get Political Month: In January 1916, Manitoba became the first Canadian province to grant women the right to vote in provincial elections. Recognize this moment in history by using the remaining days in January to learn more about Canadian politics. Stop forwarding S–t People Say videos to your friends and take some time to write to your local MP about an issue you care about.

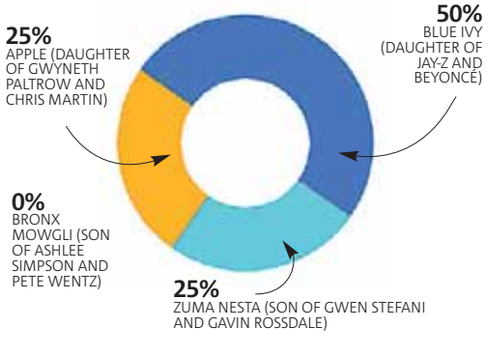
Read a Book Month: Remember books? Well, this month (today in fact) marks Benjamin Franklin's 306th birthday, and as the founder of America's first lending library, he would want you to put down your iPad, get offline and become reacquainted with paperbacks. Of course, let's ignore the fact that I used Wikipedia to research all of these pieces of January-centric trivia.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's your favourite unconventional celebrity baby name?

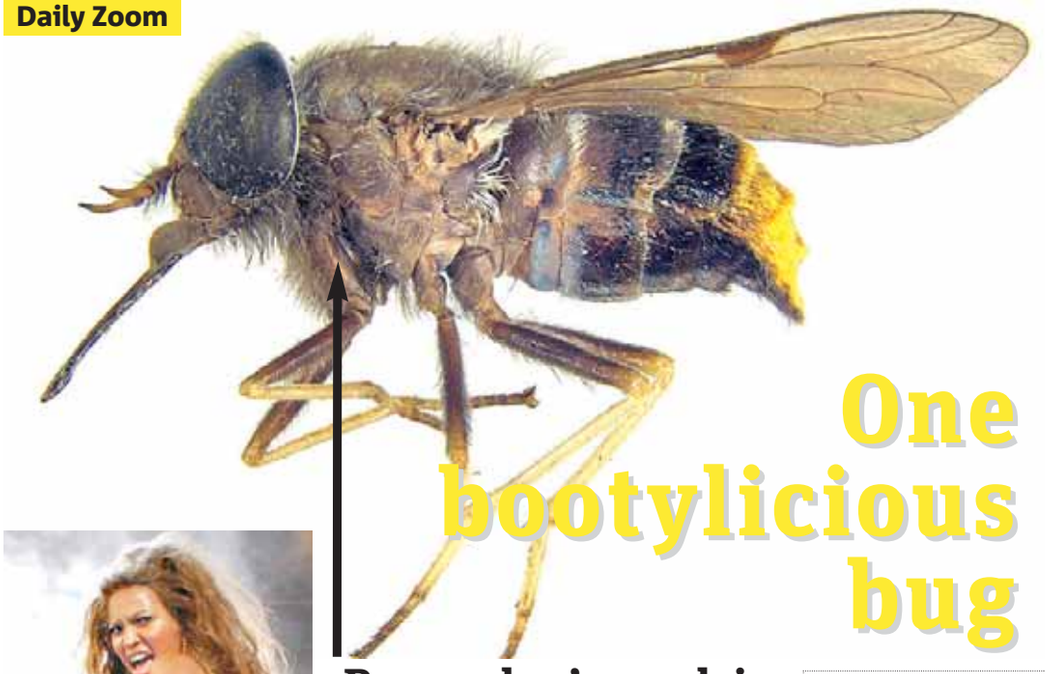

25%
APPLE (DAUGHTER OF GWYNETH PALTROW AND CHRIS MARTIN)
50%
BLUE IVY (DAUGHTER OF JAY-Z AND BEYONCÉ)
0%
BRONX MOWGLI (SON OF ASHLEE SIMPSON AND PETE WENTZ)
25%
ZUMA NESTA (SON OF GWEN STEFANI AND GAVIN ROSSDALE)

Local tweets

- **@TEAM1040:** Kornegay's release was written into his contract; hoping to remain with #BCLions
- **@Thadito:** Take it easy twitter fam. This was set in my contract the first day I sign. My intentions as well ask Coach Bene is to be in BC. #Patience
- **@DanaLarsen:** Congrats to the federal Liberals for adopting a sensible cannabis policy. Too bad they never acted to change laws while in power. #lpc
- **@FarhanLaljiTSN:** So much for the reports about Miami RT @BCLions: Lions keep Khalif Mitchell in Black & Orange: BCLions.com
- **@VanCanucks:** Hansen on Gene Simmons - "It caught me off guard. KISS wasn't big in Denmark, but I listened to them when I came over here".
- **@VanCanucks:** Hansen - "I just skated over and asked for his autograph. You know those rock n' rollers. They're a different breed". #KISS
- **@TSNBobMcKenzie:** Getting a bunch of tweets asking me about possible Parros to VAN deal. Can tell you ANA and VAN have not had single discussion on Parros.

Daily Zoom

BRYAN LESSARD/COMMONWEALTH SCIENTIFIC AND INDUSTRIAL RESEARCH ORGANIZATION/THE ASSOCIATED PRESS; INSET: FRANK MICELOTTA/GETTY IMAGES



One bootylicious bug

Researcher's crush is what's in this name

A newly discovered horse fly in Australia with its golden-haired bum is pinned at the Australian National Insect Collection in Canberra. For Bryan Lessard, a researcher of Commonwealth Scientific and Industrial Research Organization and a fan of pop diva Beyoncé, there was only one name worthy of its beauty: Beyoncé.

He wanted to pay respect to the insect's beauty by naming it Scaptia (Plinthina) beyonceae.

Previously published results were recently announced on the species that had been sitting in a fly collection since it was captured in 1981 — the same year Beyoncé was born.

THE ASSOCIATED PRESS

Beyonceae

- Lessard said Beyoncé would be "in the nature history books forever" and the fly now bearing her name is "pretty bootylicious" with its golden backside.
- He added he was unable to find any live specimens in 2010. However, at least one member of the public has alerted him that he was recently bitten by what's locally called the "gold bum fly."

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Beckinsale gets her bite back

Underworld star Kate Beckinsale explains how her stunt work is getting better with age

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

HANDOUT

▶ Kate Beckinsale reprises her role as the vampire Selene in Underworld Awakenings, which opens on Friday.

Underworld: Awakenings marks Kate Beckinsale's third outing — after skipping the franchise's last installment — as ruthless, gun-toting vampire Selene, so the British actress has had time to adjust to her character's temper. "I suppose it's my second or third time playing the character, so I'm used to the fact that she doesn't hold back when she's annoyed," she says.

Annoyed is one way to put it. In the new film, Selene bites, shoots and stabs her way through countless human and werewolf foe after waking up from a forced 12-year hibernation. And after three films, Beckinsale is still amazed she's developed a reputation as an action star. "It's so crazy, it's absolutely mad. And you'd think I'd be more used to it now," she says.

So what would the Oxford-educated actress like to be doing besides dispatching bad guys? Making people laugh. "I'm quite smiley and jolly in real life," she says. "I'd love to do more comedy. I don't find very many comedies where I find the women's parts are very funny. Bridesmaids was so exciting because that doesn't happen very often."

Of course, Kristen Wiig and her Bridesmaids crew had to write those parts for themselves. "Interestingly, they don't have children," Beckinsale says with a laugh. "I realize there's a limit to the multitasking that I'm capable of. There are people who are much more capable of doing 20 things, and I'm doing two as well as I can. So I know that I'm moving into a very different stage with my daughter. She's about to be 13 this month, and whilst obviously you're still their mother, it's in a slightly different way than when they're three years old. I'm anticipating a little bit more free time while she's on Facebook."

At 38, Beckinsale is by no means old, but Hollywood can be a cruel place for actresses. She acknowledges the industry's double standard for women and men when it comes to maturity, but she's ignoring it. "You're talking to someone who's just spent the entire year running about on a wire," she says. "For me, I haven't been handed my carpet slippers or experienced any career hot-flashes yet. I'm sure I will, but this hasn't been it. So I'm able to live in my little bubble where I'm not about to be 70 years old."

In fact, when comparing how she handled the stunt work on the first Underworld film to Underworld: Awakenings, Beckinsale says she's actually getting better with age. "I just feel better because I was such a novice then," she says. "Whether I've lost energy, eggs, hope, bone density, whatever — fullness in my breasts — I'm not aware of that as much as I am the fact that I'm more confident in the stuff."

Hollywood today

▶ Kate Beckinsale is by no means a fan of the TMZ age, with constant paparazzi attention, but that doesn't mean she doesn't understand it. "I think we've lost that slightly magical air of what movie stars used to be," she says. "There's something that is very spoiled now. It is very tempting to expose everyone's feet of clay because we are so bombarded with visuals of the perfect female and male form that I think it's very oppressive to people. You can't help but want to actually prove it wrong because most of those photographs are airbrushed and most of those people are probably taking cocaine to be thin."

DVD reviews

Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

The Ides of March
Genre: Drama
Director: George Clooney
Stars: Paul Giamatti, George Clooney, Philip Seymour Hoffman, Ryan Gosling
●●½

George Clooney's presidential campaign drama traverses familiar political corridors, tut-tutting over backroom manoeuvres and minor loyalty tests as if this were 1952 rather than 2012. That's entirely forgivable, because stellar performances make the movie: Ryan Gosling and Clooney lead a crack cast that also includes Philip Seymour Hoffman, Paul Giamatti, Evan Rachel Wood, Jeffrey Wright and Marisa Tomei, all at the top of their game. They're great to watch together, even if your eyes occasionally roll.

Clooney, in his fourth and most accomplished directorial turn, casts himself as Mike Morris, the Pennsylvania governor who seeks to lead the Democrats in a presidential contest, first by winning the crucial Ohio primary. The film's central figure isn't Morris, but his press wrangler, Stephen Myers (Gosling). The talent's all there, but Clooney and frequent collaborator Grant Heslov lose the plot in their screen adaptation.

PETER HOWELL

Killer Elite
Genre: Action
Director: Gary McKendry
Stars: Jason Statham, Clive Owen, Robert DeNiro
●½

In director Gary McKendry's latest eruption, Jason Tatham, Clive Owen and Robert De Niro play professional score-settlers of various vintages and shifting motivations. But what we see on the screen doesn't live up to the hype. The plot? Don't ask. While there's plenty of death on the screen, the real casualties of Killer Elite are the brain cells of people watching it.

PETER HOWELL

2 scene

Scene in brief

Kid Rock has apologized after a man complained that the musician smoked a cigar at a nonsmoking venue in the Detroit area. Randy Snell says Kid Rock lit the cigar while attending country singer Travis Tritt's show Friday at Andiamo Celebrity Showroom in Warren. Spokesman Nick Stern told The Detroit News that Kid Rock offered his "most sincere apologies" to patrons he may have offended. He said he had been drinking alcohol. Fifty-eight-year-old Snell of Trenton has asthma and says he plans to file a health department complaint. Michigan law prohibits smoking at workplaces including bars and restaurants.
THE ASSOCIATED PRESS

Golden Globe parties crowded with tired, but grateful, stars

Brand is 'quite well, thank you'

If you want to know how Russell Brand is handling his split from Katy Perry, you'll just have to come out and say it. Brand played coy when, during a press conference for his new TV series Strangely Uplifting, a reporter simply asked how he was doing, according to Hollyscoop.

"I'm quite well, thank you," Brand said.

"Are you asking because of recent events? Well, I suppose what you're doing is you're making the mistake of seeing time as linear."

While Brand tried to avoid discussing his personal life, he does admit it will likely play into his new show.

"I think there will be inevitable biographical elements because you can't speak from anyone's perspective but your own," he said. METRO

▶ Russell Brand

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Sunday night's alright for fighting

ALL PHOTOS GETTY IMAGES

▶ Elton John

▶ Madonna

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Elton John and Madonna are in the middle of a huge feud — and honestly, I haven't seen two queens go at it this hard since RuPaul's Drag Race.

It started Sunday night at the Golden Globes, when both of the icons were nominated against one another in the category of Best Original Song in a Motion Picture.

Madonna was nominated for Masterpiece in W.E. while Elton was tapped for Hello Hello from Gnomeo & Juliet.

When asked by Carson Daly on the red carpet about the chances of Madonna winning, EJ quipped: "Madonna doesn't have a (expletive) chance."

"Those are fighting words," Daly told Elton, who replied, "No, those are actual words."

Then, when Madonna actually won, Elton's partner, David Furnish, went onto Facebook to vent his frustration.

"Madonna. Best song???? (Expletive) off!!!"

Not satisfied, he continued his rant: "Madonna winning Best Original Song truly shows how these awards have nothing to do with merit. Her acceptance speech was embarrassing in its narcissism," he wrote.

Madonna won't fight dirty though (but, oh, how I wish she would fight dirty!), and backstage she was the emblem of polite.

"I hope he speaks to me for the next couple of years," she said about John.

"He's been known to get mad at me so I don't know. He's brilliant and I adore him so he'll win another award. I don't feel bad!"

Way to take the high road, Madge.

You could have easily just pointed out that the man known for such classic compositions as Candle in the Wind and Rocket Man was this year hoping to win an award for a movie called Gnomeo & Juliet.

JEFF ENGERBRESTON

▶ Injuries can pile up quickly while on the slopes.

Ski smarter this season

We often hit the slopes without training — or thinking about the damage it could have on our body Professional skier Amie Engerbretson explains how adding yoga can help you out

Hot chocolate breaks and cheese fondue aside, a skiing holiday can be straining.

Even professional skier Amie Engerbretson, who also stars in catalogue shoots, finds the sport is tough on her body. Core work and yoga help her focus and thrive.

Build the core

Yoga builds up core strength, which is what maintains your back and without it you would struggle to stand up straight.

"People focus on building muscle in the legs when what they should be focusing on is the back," says Engerbretson.

"That's where you'll be taking a beating. Assuming you have a strong core and back, your body will be able to absorb the shock caused by the bumps you hit going downhill. With a weak core, your body will collapse on every impact, breaking down a little each time."

A strong core keeps you standing upright and stops you from hunching over, the biggest cause of the 'scorpion' fall, when your back curves and your legs (and skis) curl under your body.

People focus on building muscle in the legs when they should focus on the back.
AMIE ENGERBRETSON

Stand up straight

A lot of skiers suffer from poor posture but what they don't realize is that body alignment is directly linked to core strength.

"As soon as you get your skis on you should be thinking about getting your posture right," says Engerbretson. "Bring the spine upright, align your shoulders with the hips and drive your hips down into snow."

Load up your legs

In order to build up leg strength, Engerbretson cross trains, mixing up mountain biking, bar method and yoga. Yoga's holding poses, such as the tree pose, are particularly beneficial when it comes to strengthening the lower body.

"Holding poses require sustained muscle energy. When you're in the tree pose (standing on one leg) and stretch out your leg from the joint, you're actively engaging your core in order to balance on one leg."

Those who have done help this sort of pose will have experienced micro wobbles in their legs.

"The stabilizer muscles are the tiny muscles in the joints. When you stand in a balance pose and the leg wobbles, you are engaging and therefore toning and strengthening these tiny muscles and therefore protecting the knee joint." she explains.

METRO WORLD NEWS

3 life

A new study shows

3

minutes of exercise a day could help prevent type 2 Diabetes, according to scientists from the University of Bath in the U.K.

METRO WORLD NEWS

Antidepressants in late pregnancy may double rate of rare condition in babies

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Bite into gluten-free glee

Che Baba Cantina ups the ante by offering great eats and a yoga studio

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

ERIN IRELAND

Duck Confit Brunch Tartine ($15)

Receiving a gift in January when you thought the holidays were over — quite the thrill, no? This is how I felt, leaning against throw pillows, listening to 'chill tunes' as Che Baba's French Canadian co-owner placed my picture-perfect Brunch Tartine before me.

The new 'cantina,' touting predominantly Southern French cuisine, offers salads, tartines (open-faced sandwiches with an option of gluten-free polenta), light breakfast and desserts.

With an adjoining yoga studio, one might expect just smoothies and healthy salads. Nope.

Customers are welcomed, however, to modify their meals. My Brunch Tartine was quite perfect as was, featuring incredible house made polenta that, to the touch, almost felt like jelly with a firm, slightly charred exterior. Soft-poached eggs made for a delicious yolky sauce, mixed with spoonfuls of cranberry caramelized onion compote and tender, non-oily strands of duck.

A delightfully soft artisan mint macaroon was the icing on the cake as I paid. Residents of Mount Pleasant have a new great dining option.

Che Baba Cantina
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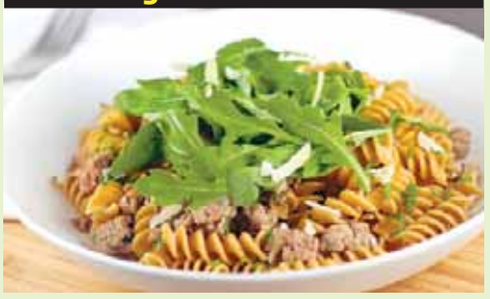
chebaba.ca
Client negotiations: Yes
Social lunch: Yes
Price range: $6 - $15
Rating: 4 out of 5

THE CANADIAN PRESS H/O

Beef Arugula Rotini

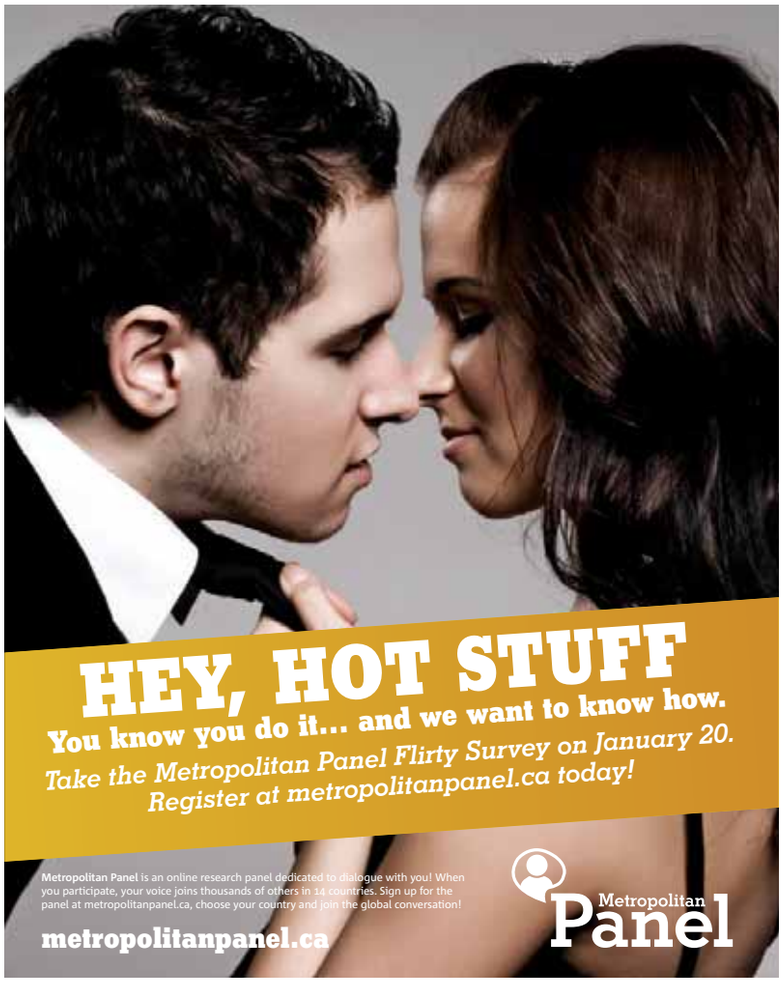


Preparation:

1. In bowl, combine beef, garlic, parsley, fennel powder and pepper. Cover and refrigerate for at least 1 hour. In nonstick skillet heat oil over medium high heat and cook meat mix until browned.
2. In pot of boiling salted water, cook pasta 10 mins. or until al dente. Drain, reserving 125 mL (1/2 cup) of cooking liquid. Add pasta to meat mix and stir in reserved pasta cooking liquid. Cook 2 mins. Remove from heat and stir in arugula and cheese to serve. **THE CANADIAN PRESS/ BARILLA**

Ingredients:

- 750 g (1 1/2 lb) lean ground beef
- 2 cloves garlic, minced
- 15 ml (1 tbsp) chopped parsley
- 1 ml (1/4 tsp) fennel powder
- black pepper
- 15 ml (1 tbsp) olive oil
- 1 pkg (500 g) whole-grain rotini
- 500 ml (2 cups) torn arugula
- 30 ml (2 tbsp) Parmesan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Hakuna Frittata, rapini style

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

EMILY RICHARDS

This recipe serves four.

Preparation:

1. In pot of boiling water cook rapini for about 6 mins. or until tender but firm. Drain well and using wooden spatula gently push down on rapini to remove even more water. Chop rapini coarsely.
2. In 8-inch (20 cm) non-stick skillet, heat oil over medium heat and cook garlic and pepper flakes for 1 minute or until fragrant. Add rapini and toss to coat; cook stirring for about 8 minutes or until beginning to brown and get crispy.
3. In bowl whisk eggs, cheese, salt and pepper. Pour into skillet stirring to combine with rapini. Cook lifting edge with rubber spatula letting runny egg go to the bottom until bottom is light golden and top is set. Place large plate over top of skillet and invert frittata onto plate. Slide frittata back into skillet and cook for about 3 minutes or until golden. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.**

Ingredients:

- 1 bunch rapini, trimmed
- 2 tbsp (25 mL) olive oil
- 2 cloves garlic, minced
- 1/4 tsp (1 mL) hot pepper flakes
- 6 eggs
- 1/4 cup (50 mL) freshly grated Parmesan cheese
- 1/4 tsp (1 mL) salt
- Pinch pepper

GOOD JOB, CANADA!

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Pat yourself on that back! The BMO holiday spending survey results were released last week and 76 per cent of Canadians reported they spent less than they had planned over the holidays. On average, Canadian households shelled out $1,029 on food, drinks, gifts and entertainment; $300 less than what most were expecting to spend.

Around 25 per cent of that same group listed 'reducing household debt' as their number one priority for 2012. Pulling in second place, with 24 per cent of respondents, was a resolution 'to save more for retirement'. The top three ways to achieve these goals are:

• Spend within your budget. Use online financial tracking and budgeting tools to keep a close watch on your spending. These tools are free with your online banking. Once you know where your money is going, you can find ways to cut back. If overspending knocks you off budget, ask your three- year-old niece or nephew to hide your credit cards in a secret spot in your kitchen. By the time you've found your cards, the wave of spending temptation will have passed.

• Tackle your debt head on by paying a little extra whenever you can scrounge up a few dollars. If you're paying high interest rates, negotiate for lower ones.

• On payday, before you pay your bills or hit up the ATM, automatically contribute savings to a registered investment plan like an RRSP or TFSA. Many employers will set this up for you or you can ask your local banker for assistance.

How good is your 'hood?

New TV show challenges 100 families to raise their collective net worth by $1 million over 10 weeks

If the community makes their goal, one family wins $100,000

BRUCE SELLERY
MONEY@METRONEWS.CA

As co-host of Million Dollar Neighbourhood, Bruce Sellery helps families address their money problems with tough love.

The show starts in Aldergrove, B.C., where one community will confess their bad money secrets, come to terms with their debt denial and find a whole lot of money by selling, downsizing, swapping, bartering, investing and some good old-fashioned sweat equity.

Feeling inspired to save some money? Here's Sellery's Top 3 tips for Metro readers.

CONTRIBUTED

▶ Bruce Sellery, left, and Dr. Joti Samra co-host Million Dollar Neighbourhood. The show premieres Sunday on OWN.

Get fanatical about fees: You drive out of your way to save a dollar on diapers or a dime on gas, but don't look closely at the fees you're paying for cellphone plans, Internet, banking and investing. Figure out what you're paying then see if you can get a better deal from a different provider. If you can, call and ask your company to put you on a better plan. If they won't, saunter on over to their competition.

Put your credit card on ice: Store your credit card in the freezer and live cash only for one month. Yes, it is totally inconvenient and annoying, but will make you more conscious of what you spend your money on. This will help you find some places to cut back. Credit cards mask over the pain of spending, which is one reason consumer debt levels are so high. Pain can be a good thing as it helps us avoid danger. Going cash only will help bring back the pain and reduce the danger of over-spending.

Take a second look at past tax returns: Consider using a professional tax preparer to look at old returns and see if there are tax credits or deductions you may have missed.

BRUCE SELLERY IS AUTHOR OF MOOLALA: WHY SMART PEOPLE DO DUMB THINGS WITH THEIR MONEY AND WHAT YOU CAN DO ABOUT IT.

5 minutes with: Amber Bacon

Canadian ex-bachelorette opens up to Metro about her experience on reality show Shares who she's rooting for

PHYLICIA TORREVILLAS
LIFE@METRONEWS.CA

Amber Bacon, a Port Coquitlam, B.C., nurse and the only Canadian who had a chance to woo The Bachelor, talks to Metro about her time on the show, not getting a rose and her message to Ben Flajnik.

Giving Ben a taste of bacon by having him kiss your hand, was that on the spot or not?
I had it prepared and wanted something that was a little bit fun, flirty and memorable so I thought the 'Baconator' was fun. I don't take myself too seriously so I was able to poke fun at my name and I thought that was good.

How was it being in one room with 24 other women? Did you see some checking out the competition?
I think girls always look at other girls and size them up to try and see who they're up against. I think that's normal for girls in any situation. In any bar you go to, all the girls are kind of looking at each other. This situation is a bit high stress and a bit more intense, so some of the girls can take their emotion to the next level and get all riled up.

What are your thoughts on people saying this was the 'most gimmicky' Bachelor premiere ever (somebody brought her grandma, another came in riding a horse)?
I think the girls really wanted to stand out so they did whatever they can to make Ben remember. There are so many girls and I don't even know how he would remember 25 names. If you do something big like coming in on a horse, and he would be like, 'Oh that girl on the horse.' I think that was smart of them that they got his attention.

How did you feel about not getting a rose?
I was a little disappointed that I didn't get more time to be on the show and to see if I liked Ben. At the same time, not everyone likes everyone. I'm still a great girl and he's still a great guy.

Are you rooting for anyone?
I really liked Lindzi (Cox), the girl who came on the horse. I do think she was a really nice, down-to-earth girl. I had spent time talking to her and just thought she was a genuine, classy lady so I'm pulling for her.

What's your message for Ben?
You gave up on the best girl in the world. Good luck.

The Bachelor airs Mondays on Citytv.

CITYTV

▶ Amber Bacon

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Samantha Nutt to speak at Douglas College event

War Child founder will share her experiences during International Day

DANIEL HENDRIKSEN
FOR METRO

Douglas College will be celebrating its second annual International Day Jan. 25-26 (the first day at the New Westminster campus and the second day at the David Lam location in Coquitlam).

The event celebrates and promotes cultural diversity, awareness, understanding, as well as the internationalization of Douglas College by engaging students, staff, faculty and the community.

There will be a food fair, performances, cultural displays and several guest speakers, including award-winning humanitarian Samantha Nutt.

Nutt is the founder and executive director of War Child — a charitable organization that aims to improve access to education, and to reduce poverty through increased employment opportunities for people in war-torn communities.

Nutt is also a medical doctor and author, and will be at Douglas' New Westminster campus Jan. 26 at 7 p.m., speaking about her experiences and providing her take on the nature and brutality of modern conflict.

Reserve your seat by calling 604-527-5484.

The public is welcome to attend all of the International Day events, and volunteers are still needed. More information can be found at douglife.ca.

Make your mark at Kwantlen conference

Kwantlen Polytechnic University will be holding its fourth annual Student Leadership Conference Jan. 28 at its Surrey campus.

The theme for the conference is "Make your Mark" and focuses on encouraging and inspiring students to make a unique contribution at home, in school, in the community and globally.

The conference is designed to help students develop and strengthen their leadership skills through a variety of workshops and presentations. The event takes place Jan. 28 from 9 a.m. to 5 p.m. with an optional pre-conference reception Jan. 27 from 1:30-4 p.m.

Two leaders in their own right will be the keynote speakers at the conference. Tracy Redies, president and CEO of Coast Capital Savings, will speak at the pre-conference reception, while Adam Kreek, four-time world rowing champion and Olympic gold medallist, will be the closing keynote speaker.

Tickets for the conference are $20, which includes lunch, materials, take-aways, as well as access to an opportunities fair and all workshops and presentations.

Check out kwantlen.ca for more information.

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Refresher Course

JON TATTRIE
FOR METRO

University and college students may be tempted to treat the first week back as optional, but experts warn a misstep early on could trip you up for the entire semester.

"Settling back into some rhythms and routines can be quite challenging," says Meri Kim Oliver, assistant vice-president for student services at Dalhousie University.

Treat your first week back like your first week at school, she says. Go to all the classes, meet the professors, get the syllabi, get the books and learn what will be expected of you in the coming months.

David Ness, acting director of student counselling at the University of Manitoba, agrees. He says it can take a few days to switch your brain from holiday to study mode. Start by just showing up.

"It's a pretty easy thing to do and it can start getting you back into your student life," Ness says. "The good news is the first week back, you probably have some flexibility before you have to start hitting your academics really hard."

Evaluate your academic progress so far and address any shortcomings. Ness says they can become painfully evident to first-year students when they receive their first-term marks this month. If they aren't as good as you had hoped, figure out where you are struggling.

If substandard writing skills were a consistent theme from your first term, head to your campus writing centre to boost your ability. If it's math, brush up on those skills. Visit your student centre for tips on improving your overall approach to studying.

Resolutions

- **Start a financial budget.** Ensure money is spread evenly over the entire semester.
- **Start a study budget.** Look at the entire course load and set deadlines to ensure you can get it all done without last-minute marathon study sessions.
- **Pick a major.** If you haven't yet, this is a good time to commit.

SFU researchers battle malaria

Saving more than one million lives annually — that is the goal of two Simon Fraser University researchers.

Molecular biologist Jack Chen and doctoral student Christian Frech are working to discover genetic clues about malaria parasites carried by mosquitos. In their work, the duo analyzed genomes of two of the deadliest parasites that infect humans, monkeys and rodents.

Using bioinformatics programs, Chen and Frech, along with other researchers, looked through thousands of genes that define six malaria parasites, and found that 44 were unique; they aren't shared between the species.

> **"This suggests these genes could play an important role in the mosquito's transmission of malaria to humans."**
> MOLECULAR BIOLOGIST JACK CHEN

In 16 of those 44, humans and monkeys were affected, while rodents were not. Finally, 13 of those genes were found to only affect humans.

"Some of these genes are specifically active in the developmental stages of the parasite within the mosquito," Chen said in a press release. "This suggests these genes could play an important role in the mosquito's transmission of malaria to humans."

Chen added that the genes unique only to the human-infecting parasites, which happen to be the most deadly, are linked to disease development, transmission and virulence in humans. DANIEL HENDRIKSEN

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Explore science at Langara

Students contemplating a career in the world of science will find the week of Jan. 23-26 at Langara College quite useful.

The post-secondary institution will be holding its Career in Science week during that period, featuring leading industry professionals who will share their knowledge and experiences in the many diverse fields of science.

Each expert will speak for approximately one hour and then hold a 10-minute question-and-answer period.

The week starts Jan. 23 at 12:30 p.m. with Dr. Djun Kim discussing computer science. On Jan. 24, also at 12:30 p.m., Dr. John Coleman will be presenting a talk on chemistry.

A pair of speakers will take the floor Jan. 25. First, Nick Chng will discuss physics at 12:30p.m., before David Ng takes over at 1:30 p.m. to talk about biology.

Finally, on Jan. 26, David McGowan and Michael Wach will be on hand at 12:30 p.m. discussing mathematics and statistics. All presentations will be in room C121 and are open to the public.

DANIEL HENDRIKSEN

BCIT boarder makes history

A British Columbia Institute of Technology (BCIT) mechanical engineering student has been making quite a splash in the world of longboarding over the past year.

Patrick Switzer, who is sponsored by BCIT on the World Cup Longboarding circuit, virtually owned the leaderboard in 2011, tallying 2,216.85 points in his five best races of the season. The total was enough to take first place in the standings and was nearly 200 points better than the second-place competitor.

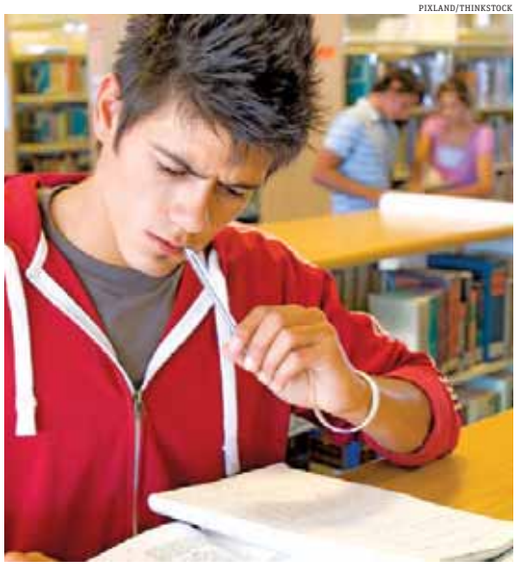
Perhaps the high point of the 23-year-old's season took place in Italy in August when he made International Gravity Sports history by winning his third consecutive race.

The following month, Switzer won a fourth consecutive World Cup competition — this time on Canadian soil in Calgary.

Before the year was out, Switzer captured his sixth straight win on the circuit in December, bolstering his position as the 2011 ISGA Downhill Skateboard World Cup champion.

DANIEL HENDRIKSEN

PIXLAND/THINKSTOCK



Langara Learn Lab unveiled

DANIEL HENDRIKSEN
FOR METRO

A new tech classroom, dubbed "Learn Lab," was recently unveiled at Langara College's student engagement centre. The facility was designed to enhance collaborative learning, and is the first of its kind in the Lower Mainland.

The new room features mobile desks, four display stations, a Polyvision smartboard, and two flat-screen televisions. What students and faculty are most excited about, however, is the fact that one person can control all four stations at once. Also, anyone in the room connected with a laptop can be given control of the displays.

In a press release, Ian Humphreys, Langara's associate vice-president of student development and marketing, said the students and faculty are very happy with the new room and its capabilities.

"It provides a wonderful opportunity to explore how new technologies can be used to support student work," said Humphreys. "I believe we are the first post-secondary institution in the Lower Mainland to pilot the Learn Lab concept, and we are proud to be the home for this facility."

Animal health program popular at Douglas

A program at Douglas College called Animal Health Technology (AHT) has become quite popular over the past few years. The program at Douglas' Coquitlam campus not only affords students unique and specialized training in animal health care, it also provides treatment and shelter for animals in need.

The AHT program has been treating rescue cats and dogs from around the Lower Mainland since its inception in 2007, and over the past two years it has also been caring for dogs from the Penny Foundation.

The program is a great scenario for all involved, as it provides free care for the animals and is invaluable for the students, who receive both theoretical and practical training in animal nursing, as well as experience with assisting veterinarians and performing laboratory, radiology and anesthesia procedures.

For more information, visit douglas.bc.ca.

Douglas to offer expanded services

It's not uncommon for post-secondary schools to be an integral part of their community, and Douglas College is no different. Soon, however, Douglas will be taking its role in the cities of Maple Ridge and Pitt Meadows to a new level.

Starting in April, Douglas will be offering access to government employment services at the school through its affiliate, The Training Group.

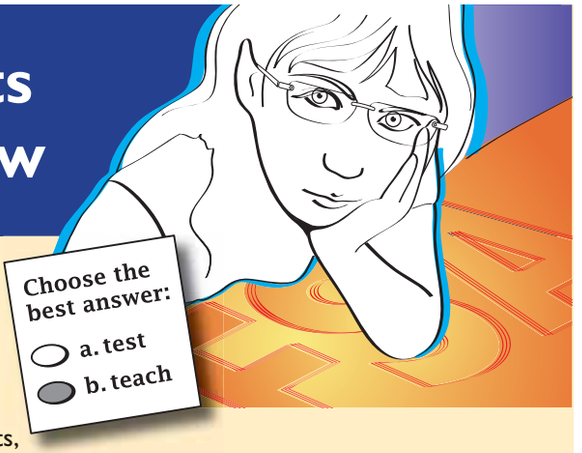
Residents will be able to access case management, job search, income assistance, self employment, and several other government services at the Douglas campus at 170-22470 Dewdney Truck Rd.

Many service providers in the area will also be partnering with The Training Group to bring all their services under one roof.

Bowman Employment Services, Buxton Consulting, William Weselowski and Associates and Immigrant Services Society of B.C. are just some of the businesses included.

DANIEL HENDRIKSEN

What Parents Need to Know



Dear Parents,

The Foundation Skills Assessment (FSA), given to Grade 4 and 7 students, does not count towards your child's marks. The results do not actively support your child's learning.

- FSA tests are expensive and waste money at a time when cuts are being made.
- FSA tests do not help students learn or teachers teach.
- FSA tests take valuable time away from more meaningful learning.
- The data does not provide real help to students, parents, or schools.
- The results are misused to rank schools and promote privatization.

Teachers in Surrey recommend that parents write a letter to your school principal requesting that your child be exempted from the FSA.

To learn more about your child's progress and the real assessments done in the classroom, talk to her or his teacher.

A message from the Surrey Teachers' Association

Top order for UBC personnel

Two men associated with the University of British Columbia (UBC) have recently been appointed to the Order of Canada.

Adjunct Prof. James A. McEwen and alumnus David Northcott were among 66 appointees who will be honoured with the award later this year.

McEwen, an adjunct professor in UBC's Faculty of Medicine and Faculty of Applied Science, is known for inventing a surgical technology that is used all over the world.

He was appointed to the Order of Canada for his work in biomedical engineering as an inventor and entrepreneur.

McEwen has more than 200 patents and patent applications for medical devices in the Canadian biomedical engineering industry.

Northcott received a bachelor of science degree from UBC in 1976, and helped establish one of the first-ever food banks in Canada — Winnipeg Harvest. Dedicated to fighting poverty and hunger across the country is what earned him the honour.

Northcott is the president of the Manitoba Association of Food Banks and a board member on the Vanier Institute of the Family, Youth Employment Services.

DANIEL HENDRIKSEN

Global door opens for UFV students

The coming year will be an exciting one for 28 University of the Fraser Valley (UFV) students.

Thanks to a number of scholarships totalling $100,000, the students will be travelling to seven different countries to study abroad at partnering universities.

Among those handed out were the Diaspora Studies scholarship, sponsored by Human Resources and Skills Development Canada (HRSDC) for $5,000, and the Tradewinds exchange program, also sponsored by HRSDC, for $5,000.

There were also nine $1,000 scholarships provided through a private donor and the One World International Scholarship program.

Countries the students will be travelling to include France, Ireland, England, Australia and Korea.

DANIEL HENDRIKSEN

New agreement for Whistler U and BCIT

DANIEL HENDRIKSEN
FOR METRO

The British Columbia Institute of Technology's (BCIT) School of Business and Whistler University are in the process of reaching a new memorandum of understanding (MOU).

Officials with both institutions are excited about the idea of an agreement, as they would both prosper in a number of ways. The Tourism Management program delivered by the marketing faculty in the BCIT's School of Business is the first program being discussed in the agreement.

David Tikkanen, head of the Tourism Management program at the School of Business, explained in a press release that the partnership between the two institutions would be a perfect fit and a "no-brainer."

"Whistler offers an exceptional opportunity for our students to gain practical experience in a world-class resort," Tikkanen said. "We think a partnership with Whistler U will be mutually beneficial to both BCIT and the Resort Municipality of Whistler."

With Whistler being such an attractive community and world-class resort, BCIT sees it as a positive addition to the school's appeal in European and other world markets.

Upgrade for Langara nursing facilities

The Nursing Education Resource Centre (NERC) at Langara College recently received a substantial facelift, thanks to a $250,000 endowment from the provincial government.

As part of a $5-million provincial program to support equipment renewal and replacement costs associated with post-secondary health education delivery, Langara was able to add 22 new electric beds, 17 simple nursing mannequins, a computer-operated simulation mannequin, and five mobile ceiling lifts.

The upgrade in equipment has afforded Langara the opportunity to donate 26 of its existing beds and mattresses to the Rotary World Help Network (RWHN).

In a press release, Ajay Patel, division chair of Health Sciences at Langara, said the school is pleased to be able to donate the beds to people who need them. The beds are expected to be sent to Africa, South America, Eastern Europe and Asia.

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program	Campus
TESOL programs Tuesday, Jan. 17 & 24, noon – room 518	Downtown
Volunteer for ESL Homefront Tuesday, Jan. 17, 1:15 p.m. – room 3709	Broadway
Esthetics Wednesday, Jan. 18, 4:30 p.m. – room 201	Downtown
Hair design Wednesday, Jan. 18, 4:30 p.m. – room 201	Downtown
Employment Skills Access Thursday, Jan. 19 & 26, 2 p.m. – room 237 Tuesday, Jan. 24, 2 p.m. – room 237	Downtown Downtown
Dental reception Tuesday, Jan. 24, 5 p.m. – room 501	Downtown
Certified dental assisting Tuesday, Jan. 24, 5 p.m. – room 501	Downtown
Culinary arts and Asian culinary arts Friday, Jan. 27, 9:30 a.m. – room 112 (theatre)	Downtown
School of Music Monday, Jan. 30, 4 p.m. – room 3228	Broadway

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **www.vcc.ca** or call **604.443.8453**.

View all VCC Info sessions and tours

vcc.ca

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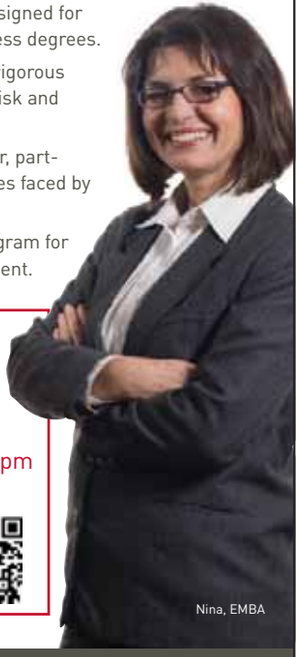
Executive MBA (EMBA) A 20-month, part-time program for middle and senior managers in strategic management.


Nina, EMBA

INFORMATION SESSIONS

For more information on these graduate business programs, attend an upcoming information session:

GDBA: Tuesday, January 24, 5:30 pm
MBA, MOT, MFRM: Thurs, Jan. 26, 5:30 pm
EMBA: Thursday, February 2, 7:30 am

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Reinventing the strip mall

UFV graduate outlines vision for building above and around structures

DANIEL HENDRIKSEN
FOR METRO

A University of the Fraser Valley (UFV) geography and visual arts graduate is well on his way to finding success in his field.

Scott Varga, who received his bachelor of arts degree at UFV last year, is trying to reinvent the strip mall.

Varga is registered in a University of Alberta contest where contestants are tasked with doing just that.

Varga's entry is focused on Abbotsford's Five Corners neighbourhood.

"Five Corners is the epitome of a suburb, with so many streets intersecting in one area, which reflects our dependency on cars," Varga said in a press release.

"There's no neighbourhood feeling created in that area — it's not desirable."

In his video presentation, Varga, who is now a part-time staff member at UFV, outlines his vision of building above and around existing structures rather than demolishing them and starting over.

"I'm looking at sustainability from a social standpoint, not just construction," said Varga. "It really involves everyone in the community and is about the betterment of our society. And we're trying to figure out what that looks like."

For more information on the contest, and to vote, visit strip-appeal.com/

SFU grad student wins major fellowship

The educational future of a Simon Fraser University (SFU) chemistry graduate student has received a major boost. Bal Kang was a recent recipient of the Marie Curie Postdoctoral Fellowship worth more than $270,000 US.

GEORGE DOYLE/STOCKBYTE/THINKSTOCK

The award is designed to allow post-doctoral students to pursue their advanced research training at a world-leading research institution.

Kang will attend the University of Oxford to further his research in the field of organic chemistry.

The Marie Curie Fellowship is not the first major educational award Kang has received.

In fact, he has been the recipient of several grants in the past, including the NSERC CGS-D Alexander Graham Bell Scholarship and the Michael Smith Foundation for Health Research Senior Fellowship. Kang's scholarship total now sits at a little more than $450,000.

Kang, a Surrey native, leaves for Oxford in July and said in a press release, that after his two-year tenure, he plans on returning home.

"My long-term goal is to come back to Canada to apply the new skills learned to transfer knowledge into a new generation of scientists," he said.

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JIBC graduates helping El Salvador firefighters

DANIEL HENDRIKSEN
FOR METRO

PHOTODISC/THINKSTOCK

Four graduates of the Career Fire Fighter Pre-Employment Certificate at the Justice Institute of British Columbia (JIBC) are currently in El Salvador contributing to that country's local fire stations and personnel.

The foursome of Nicolas Alderliesten, Jenny Reid, David McLean and Nicolas Andersen is in El Salvador as part of an assignment with Firefighters Without Borders Canada (FWB). While there, they will travel to all 17 fire stations in the country to help train their El Salvadorian counterparts.

The trip is made possible by the One World International Scholarship, which is funded by the Irving K. Barker Scholarship Society and the JIBC Foundation. Each year, the initiative sends four students to Central America with FWB for three weeks, allowing them to assist in training local firefighters with hose handling techniques, ladders, and self-contained breathing apparatus care and use.

In all, the four JIBC grads will spend approximately 70 hours in fire service training.

They will also be taking part in cultural orientation and language training, all while documenting their experience with text, videos and pictures.

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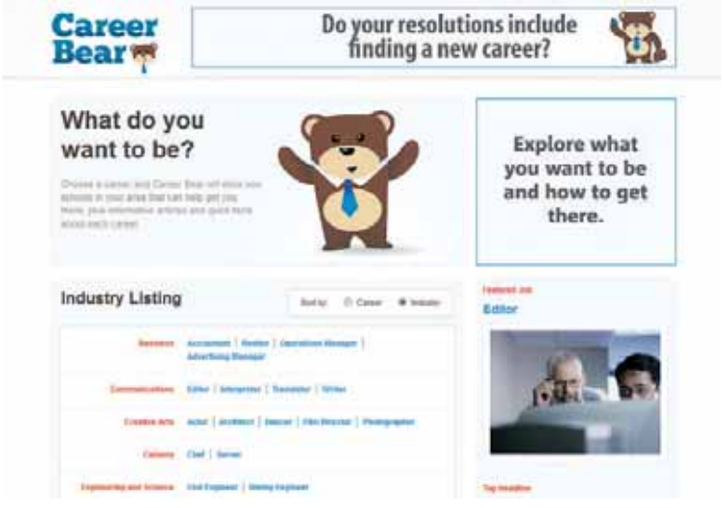
NEW WEBSITE AIMS TO SOLVE PROBLEM SURROUNDING FINDING DREAM CAREER

CareerBear.com, a new website, is the first in Canada to help people learn more about their dream careers and take steps to become what they want to be.

Many of us like to daydream — usually while at our current job — about other careers. Maybe you have thought about becoming a chef (you have always loved whipping up tasty improvisations for dinner), or a plumber (after realizing how much it cost to fix that leak) or a pilot (because pilots are cool).

Many of these careers and others are often shrouded in mystery. For example, most people don't know how much a flight attendant makes, or what kind of training is required to become a paralegal. And even if you search around online, it's unclear from most websites how to take it to the next step if you want to pursue that career.


Career Bear
Do your resolutions include finding a new career?
What do you want to be?
Explore what you want to be and how to get there.
Industry Listing
Editor

CareerBear.com aims to solve this problem. First, you select a career — any of those mentioned above, plus more in the fields of skilled trades, IT, creative arts, business, etc. Then the site provides you not just with quick facts and articles about how to make your move, but also suggests programs and schools in your area.

For example, let's say you wanted to learn more about becoming a pharmacy assistant. The site's "quick facts" tell you that employment prospects are good (there are lots of open positions, plus aging demographics are expected to fuel demand for health services) and articles let you know more about the job and some required skills you may not have guessed (for example, pharmacy assistants apparently need "good manual dexterity").

In addition, CareerBear.com automatically detects your location and suggests relevant training opportunities closest to your city.

If you have ever thought about changing careers or want to learn more about a different path, the site is definitely worth checking out.

MANY CHOICES

CareerBear.com features more than 40 different careers, sorted either by name or by industry.

The site lists programs closest to major cities Vancouver, Edmonton, Calgary, Winnipeg, London, Toronto, Ottawa, Montreal and Halifax.

The site is totally free to use, supported by advertising.

Do your resolutions include finding a new career?

Explore what you want to be and how to get there.

Visit CareerBear.com to learn more

Nadal wins despite injury

Rafael Nadal has a new injury — a tendon problem in his right knee that nearly forced him to forfeit a first-round match at the Australian Open on Monday that he won handily.

Roger Federer, defending champion Kim Clijsters and top-seeded Caroline Wozniacki were also bothered by injuries coming into the year's first Grand Slam event, but all advanced in more routine fashion and appeared to be over their ailments.

That wasn't the case with Nadal. Bothered by a left shoulder injury late last year, the Spaniard's right knee was heavily taped during his 6-4, 6-1, 6-1 win over Alex Kuznetsov.

"I was sitting on a chair in the hotel, I felt like a crack on the knee ... really strange," Nadal said. "I stand up. I felt the knee a little bit strange. I moved the leg like this two times to try to find the feeling. After the second time, the knee stays with an unbelievable pain completely straight. I have no movement on the knee."

He wasn't completely sure he could play but decided to do so after an MRI exam showed no major damage, although he still had concerns.

"I started with a little bit of a scare at the beginning, and nervous because I was really disappointed yesterday," he said. "But after the first 10 games ... I started to play with normal conditions."

Nadal added that he doesn't quite understand what happened, but "I am really happy that today I was ready to play and I played a fantastic match."

Milos Raonic of Thornhill, Ont., is the lone Canadian in the men's singles draw. The No. 23 seed will face unseeded Filippo Volandri of Italy on Tuesday. Vancouver's Rebecca Marino, Stephanie Dubois of Laval, Que., and Aleksandra Wozniak of Blainville, Que., are also scheduled to play Tuesday.

THE ASSOCIATED PRESS

KEVIN C. COX/GETTY IMAGES

▶ Atlanta's Jeff Teague drives against Toronto's Amir Johnson and Jose Calderon on Monday.

Raptors lose their fifth game in a row

Josh Smith scores 28, Joe Johnson 27 as Atlanta downs Toronto

HAWKS	RAPTORS
93	84

Josh Smith believes the Atlanta Hawks can keep winning even though centre Al Horford will miss the next three to four months with an injury.

"We have veteran guys who have been there and done that before," Smith said. "All we need is to just keep flying under the radar."

Smith scored 28 points and pulled down a season-high 15 rebounds and Joe Johnson added 27 points to help the Atlanta Hawks win their third straight game, 93-84 over the Toronto Raptors on Monday.

The Hawks are 3-0 since Horford tore his left pectoral muscle last week, and Smith is hardly concerned that Atlanta has yet to beat a strong opponent during that stretch. Charlotte, Minnesota and Toronto are a combined 11-29.

Leandro Barbosa had 22 points off the bench for Toronto, which has lost five straight.

Toronto was without centre Andrea Bargnani, the NBA's ninth-leading scorer, for the third straight game because of a strained left calf. Reserve guard James Johnson didn't play because of a sprained right ankle.

The Raptors twice cut the lead to one late in the third quarter when Barbosa hit a pair of free throws and a runner, but Atlanta went on an 18-9 run that Jeff Teague ended with a free throw to make it 81-71 with 7:55 remaining.

Toronto never got closer than five after Ed Davis scored inside over Smith to make it 85-80 with 2:12 left.

Smith responded on the next possession by jumping from the right baseline and tipping in Johnson's missed runner to give the Hawks an 87-80 lead.

"It sounds like a broken record, but I thought our guys competed," Raptors coach Dwane Casey said. "We're truly missing our players, but that's no excuse. There's only so much you can ask for from certain players. That's not their role."

Jose Calderon had 13 points and 11 assists and Amir Johnson added 13 points and 10 rebounds for the Raptors, who have lost seven of eight overall and dropped to 2-6 on the road.

The Hawks converted 17 Toronto turnovers into 22 points.

"I don't want to make excuses, but we're a young team and we have a new coach," Calderon said. "Maybe we need some practice. Hopefully we can get on the same page. Sometimes we turn the ball over because we're trying to do too much."

THE ASSOCIATED PRESS

4 sports

Canucks preview

Los Angeles at Vancouver
7 p.m.
TV: SNET

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Crosby turns to familiar treatment

Penguins star to make return visit to Toronto-born chiropractor

Sidney Crosby's recovery is back in the hands of chiropractor Ted Carrick.

The Pittsburgh Penguins announced Monday their captain will meet with Carrick this week. Crosby was treated by the founder of chiropractic neurology in August and credited him with helping accelerate his return from a concussion earlier this season.

Crosby last played for the Penguins on Dec. 5, when his concussion symptoms returned.

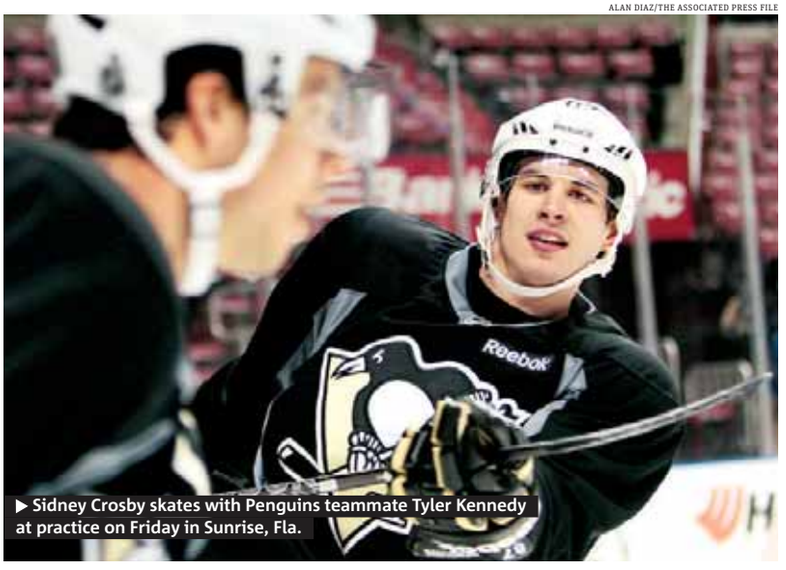
Crosby's agent, Pat Brisson, noted Carrick specializes in helping improve the "vestibular system" — which contributes to balance and spatial awareness.

That continues to be a problematic area for Crosby. He accompanied the Penguins on a three-game road trip last week and skated twice in Florida, telling reporters afterwards he continues to deal with issues related to motion.

"Sidney has made a lot of progress but he is still having some symptoms, so this is the next step in his recovery."
PENGUINS GM RAY SHERO

"The motion stuff has kind of been the issue, both the time before and now going through it for a bit," Crosby said Friday. "The good thing is that I have a pretty good handle on it, and I'm always able to (treat) that. That was a big help in August when I went to Atlanta (to see Carrick).

ALAN DIAZ/THE ASSOCIATED PRESS FILE



▶ Sidney Crosby skates with Penguins teammate Tyler Kennedy at practice on Friday in Sunrise, Fla.

"So I know I can handle that if I need to and if it comes to that."

The Toronto-born Carrick practises in Florida and Georgia, and founded the Carrick Institute for Graduate Studies to teach his method of treating brain injuries. Viewed by some medical professionals as unorthodox, Carrick's holistic approach has gained notoriety through his work with Crosby, which was chronicled on CBC's Hockey Night in Canada and in a lengthy Maclean's feature.

Carrick's treatment combines chiropractic practice with neurology and includes the use of a "whole-body gyroscope" — a rotating chair which spins upside down in an effort to stimulate the brain.

"We tailor our treatments very specifically to the individual," Carrick told Maclean's last year. "When we have an area that's not working right, we look at other areas that can compensate for that if we need to, or we look at mechanisms to make those areas work right."

Since being diagnosed with a concussion Jan. 6, 2011 — after taking hits to the head in consecutive games — Crosby has appeared in just eight NHL games, registering two goals and 12 points.

THE CANADIAN PRESS

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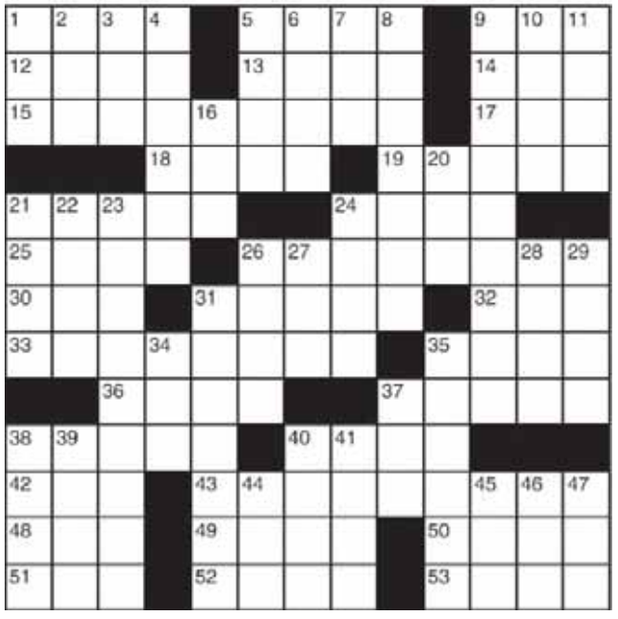
Crossword



Across

1 Help on the sly
5 Creche visitors
9 Sch. org.
12 Short skirt
13 Astringent
14 Rowing need
15 Quickly
17 Take to the slopes
18 Stretch vehicle
19 Played Hamlet, e.g.
21 Stares stupidly
24 Soon, in poetry
25 Crucifix
26 Some graduate courses
30 — and outs
31 Maximum
32 "The way" in China
33 Debris
35 Crazy
36 Stubborn beast
37 Dissolves
38 Sordid
40 Many millennia
42 Standard
43 Put off
48 Request
49 Operatic solo
50 Goodyear product
51 "Indeed"
52 Transaction
53 Verve

Down

1 Roadie's equipment
2 Life story, for short
3 Type measures
4 Like nobility, e.g.
5 Sir's partner
6 Too
7 Eviscerate
8 "This is no joke!"
9 Of the very, very young
10 Seize
11 Saharan
16 Man's possessive
20 Swindle
21 Puzzle diagram, e.g.
22 Highly rated
23 Mailing-date indicators
24 Writer Kingsley
26 Location
27 Ostrich's cousin
28 Huck's transport
29 Drunkards
31 Frog's perch, maybe
34 Piratic potation
35 Signify
37 Unruly hairdo
38 Fix, in a sense
39 Relaxation
40 Europe's neighbour
41 And others (Lat.)
44 Raw rock
45 Zero
46 Historic period
47 Lair

▶ Monday's answer

Sudoku

		4					5	7
	6	2		5	3			
7			9					
1		6	8		5			
	2						1	
			2		9	4		8
					6			1
			3	4		7	8	
2	3					9		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

1	9	4	6	2	3	7	8	5
7	3	8	1	4	5	6	9	2
2	5	6	9	7	8	1	4	3
6	2	7	5	3	4	8	1	9
9	8	5	7	1	6	3	2	4
4	1	3	2	8	9	5	6	7
5	4	1	3	6	2	9	7	8
3	7	2	8	9	1	4	5	6
8	6	9	4	5	7	2	3	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

honey
if loving u is wrong i dont want to be right
FROM BEE

My girl
i will never be a socialite would want to be a socializee.
FROM ME

I'm sorry
I love you. I can't help it. Maybe something will help me out,
FROM I'M YOUR FRIEND

White shirt
Last Thur I was in DT hopefully to me you after an hour I saw you in the car of mercedes-benz with white shirt right or I was dreaming?
FROM ME

Ba
Yeah, I have classes everyday and I need to be protected or socialized even through this is a piece of cake for me.
FROM ME

Today
1°/-2°
Flurries
80%
Tuesday
0°/-3°
Partly sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
What are you hoping for? What is the one thing that would make your life more enjoyable? If you know the answer to those questions then you are closer to success than you think.

♉ Taurus April 21-May 21
You can sense that something unusual is going to happen and that it's only a matter of time before your talents are rewarded.

♊ Gemini May 22-June 21
You've no doubt had your fill of upheavals of one sort or another and it won't be long before a more positive phase begins.

♋ Cancer June 22-July 22
You will make a new friend — someone who not only brings a great deal of fun into your life but who will, at some stage in the future, benefit you financially too.

♌ Leo July 23-Aug.23
Worry less about your work and worry more about your relationships.

♍ Virgo Aug. 24- Sept. 22
However fast you happen to be moving you should slow down a bit over the next few days.

♎ Libra Sept. 23-Oct. 23
Life may have been tough of late but in a few days time you won't want to trade places with anyone.

♏ Scorpio Oct. 24-Nov. 22
You must speak up and tell the truth as you see it.

♐ Sagittarius Nov. 23-Dec. 21
Today it will pay you to keep a (very) low profile.

♑ Capricorn Dec. 22-Jan. 20
There's no excuse to give up on things that should have been finished by now.

♒ Aquarius Jan. 21-Feb. 18
Your ego needs stroking so get out there where you'll be seen.

♓ Pisces Feb. 19-March 20
Your task today is to cut out the noise of your everyday environment and pay attention to that small voice within. It has lots to tell you. SALLY BROMPTON

Caption contest

STINE BIDSTRUP/POLFOTO, THE ASSOCIATED PRESS

KYODO NEWS/THE ASSOCIATED PRESS

You write it!

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

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With gold and metal prices hitting all-time record highs, there's never been a better time to sell your unwanted gold and precious metals. Sadly, some gold buyers take advantage of people who are unaware of how much their gold is really worth. And some of the same gold buyers do not know how to properly test the gold, and have little or no equipment to prove the value of the items.

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The second test that may be used is a Tri-Electronic machine. These machines use an electric current to determine the karat of gold.

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